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LUNCH RUSH
UNBEATABLE VALUE AT SEOUL KOREAN BBQ
{page 23}

CLEAN UP YOUR ACT
DETOX YOUR BODY TO CLEAR OUT LAST OF WINTER WASTE {page 21}

GO GREEK?
JENNIFER ANISTON'S DAD HAS DATING ADVICE FOR HIS DAUGHTER
{page 20}

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ALEX MAGUIRE/METRO WORLD NEWS

BORN THIS WAY:
'Let identity be your religion'

THE GAGA INTERVIEW
{pages 4–5}

A LOOK AT GAY RIGHTS WORLDWIDE
{pages 6–7}

MEET THE LITTLE MONSTERS
{pages 8–9}

GAGA'S CULTURAL INFLUENCE
{page 10}

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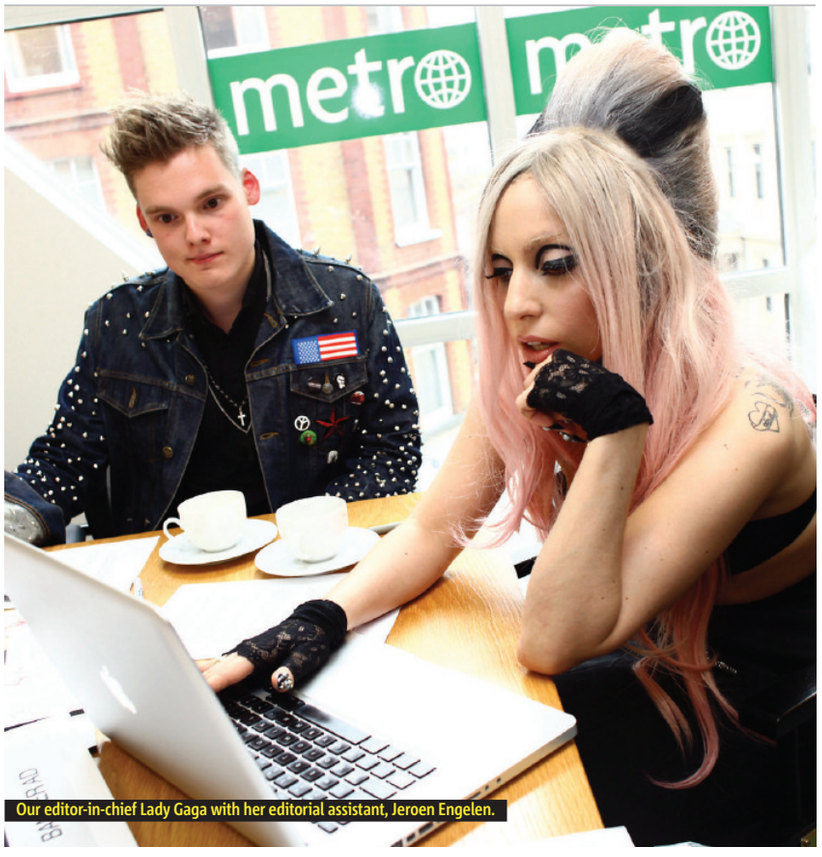


Our editor-in-chief Lady Gaga with her editorial assistant, Jeroen Engelen.

From the desk of the editor

Dear Monsters,

Let Your Identity Be Your Religion.

I am so very honoured and proud to be the editor-in-chief of Metro for the day. Not only because I can speak with you directly, but because I wish to illuminate the powerful voice of my generation and let them speak for themselves. Little Monsters are not a fan base; they are a culture that exists entirely outside of pop music. They are their own religion. They are a race within the race of humanity. The freedom and unprejudiced nature of The Monsterball, and for those who love Born This Way, spreads widely and has begun to live outside of the walls of the arena and the album charts.

I don't say this with hubris, or with intent to take ownership over this community (as in fact they created their voice, not I), but rather I'd like to posture the possibility that kindness, mobilization and pop culture can push the boundaries of love and acceptance. We are all different, and it is this fact that makes us the same.

In the most basic and scientific sense, our "way," as we were born, would be defined as cellular procreation, as I have theatrically interpreted in many of my performance pieces. So, if we were to analyze this basic formula, we could quite simply say we were born not only from each other, but we were additionally made of each other, and designed to grow together. Love is the magic ingredient, of course, to the giant petri dish of life.

In this issue, I nominated Monster ambassadors to represent each Metro country from around the world. I asked them to research, write about and identify which issues pertaining to equality and social justice affect their region the most. In this paper, I've included graphs, charts, commentary, global surveys and articles inspired and generated by Little Monsters. This piece conjures an approach to anti-bullying and equality that encourages togetherness through our shared human struggles. Metro and I beckon for those who are perhaps not affected by these challenges to help spread awareness of their reality, and act as a nurturing and compassionate force to those in need.

Be yourself, love who you are, and be proud. You were born this way, baby.

Sincerely,

LADY GAGA

Gaga's intern for a day: 'One of my biggest dreams ever'

Dear Lady Gaga,

I will read my letter to you.

I just can't believe that this dream became reality. It's like Tinkerbell's magical dust sprinkled all over me. I want to thank you from the bottom of my heart for giving me strength, the power of self respect, for your love, creativity and passionate, fashionable work. We weren't the best fans in the world without you Gaga. You made us believe in ourselves and never give up.

I feel so blessed and honoured that you chose me as your editorial assistant today, of all those little monsters across the galaxy. Yes, I think you do have admirers from outer space. I prayed every day and made a wish when I saw a shooting star on the perfect night with my friends. You're a big glittering star shining down on us, inspiring children and insecure individuals to be themselves. To fight against AIDS, and for human rights, full equality, without forgetting the devastating forces of nature (Japan). You truly deserve the title, Warrior Queen.

There are so many dreams I hope to accomplish one day. I study Graphic Design in Holland and this is my graduation year. A while ago, I was rejected at an arts academy because they said I was too good for them. It made me feel like I did not belong in this industry, although it was meant as a compliment. They said that I had to apply to a company or a brand. And now I only have three weeks to apply before summer vacation starts. Otherwise I have no job or education for a year.

One of my biggest dreams ever is to work for you, Gaga. It's so unreal that I feel guilty asking you. I know it's a lot to ask but I remember what you said and it inspired me so much to work even harder at school, to become even greater! We should always start at the bottom and do whatever it takes to climb that mountain. Scrubbing floors, cleaning toilets, doing the dishes, removing cobwebs, etc. I'll do what it takes to be a great artistic graphic designer for a lady like you.

Do you remember Pieter Henket? The photographer who shot The Fame album cover? I interviewed him for my school magazine and he told me all about you. He said to always look ahead and love the mud you're in. Because it's always hard work! It made me even more excited to tell you this. So, who knows, maybe you can use me as your intern someday?

The cover designs of the Born This Way album are true perfection. I've never seen anything like it. Nick Knight is so awesome. I love your taste, Gaga. Today, I'm going to put the utmost care into being your little assistant. I will be strong and I'm not going to disappoint you. I say, let's make some magic baby!

But I have a few gifts for you. A few from myself and one from a friend of mine. The first is the illustration above, which I drew.

Enjoy. Much love xxoo
Jeroen Engelen

Contest

The ultimate little monsters

We found the world's biggest Gaga fans and asked them why they were "born this way." "There's really no line anymore between where I begin and my fans begin," Gaga says. "We are each other."

Report

Gay rights around the world

We look at the progress — or lack thereof —internationally, with a look at the highs and lows.

Interview

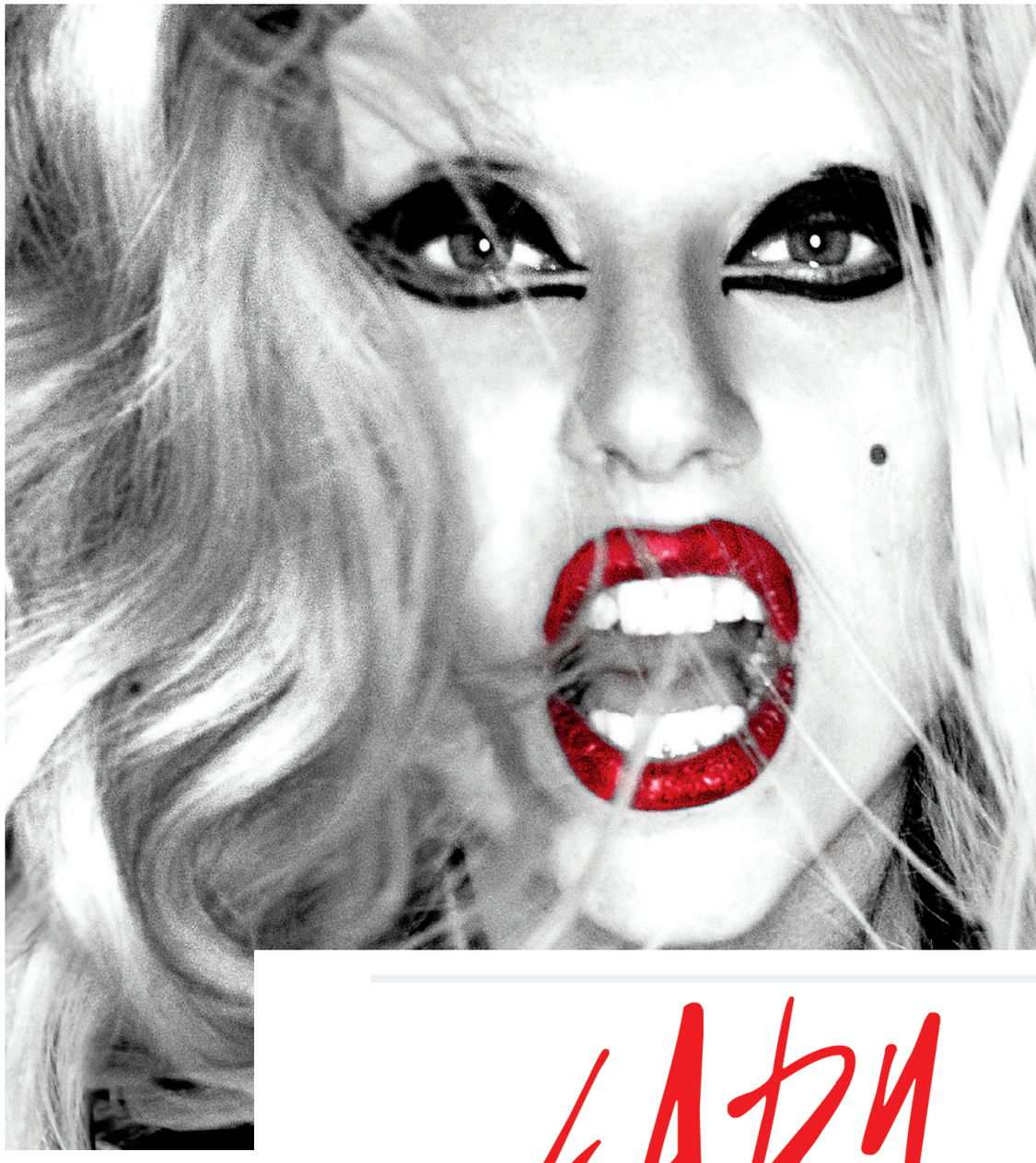
A one-on-one with the Mother Monster

Lady Gaga sits down with Metro and tells it like it is.

THE GAGA INTERVIEW

"I'm off-the-charts gay! But that's not quite the way to put it. As if you are or you're not. It's this completely subjective overarching aesthetic called life."

Michael Freidson
metro world news
michael.freidson@ metro.lu



LADY GAGA

THE ONE-ON-ONE INTERVIEW

So, I'm from your old neighbourhood in New York. My mother teaches musical theater there.
Have you seen my show? Because I was a theater kid. I was always perceived as a theater nerd and that is very much a part of all the bullying I talk about during the show. It stemmed from that.

Theater geeks are taking over the world now.
Yeah. And a lot of theater lovers are super music librarians and super fashion librarians and know everything about composers, designers and directors. They've so much to be in love with.

Let's start with the new album, Born This Way. Is there a theme to it? Are we wrong to expect a statement from dance music?
No, in fact, thank goodness everyone expects something from me at this point. Born This Way is my answer to many questions over the years: 'Who are you? What are you about?' The most paramount theme on the record is me struggling to understand how I can exist as myself, as someone who lives halfway between fantasy and reality all the time.

What's it like to live between two people?
It's not two people. It's two worlds. Two aesthetics. For example, the religious themes I explore on the album are not necessarily religious in an institutional way but are about being fascinated with characters. I was taught my whole life about Judas and Jesus and Mary Magdalene. Mary Magdalene fascinates me because she was, in my belief, both wholly human and wholly divine. So how can I be fully magical and fully human?

You're going to get a lot of autobiographical questions because you're selling your personality on Born This Way.
Isn't that interesting, that you have to sell your personality? That in itself is kind of what Born This Way is all about. I don't want to sell my personality. My personality is mine and yours is yours.

But the difference is, you're asking me to pay for yours. Are you a real person or part of a marketing machine?
It's kind of like saying, 'Are you honest? Do you have integrity? Are you full of shit?' But listen, my social involvement for equality and gay rights, as well as my music, is completely genuine. But I don't think I ever want everyone to ever know fully who or what I am. Part of what I'm doing is asking you to look inside yourself, to ask yourself questions.

Have you been in therapy?
No therapy yet. I probably should be. (Laughs) I have a close relationship with my family. I'm very close with my fans and I'm in tune with what they want. And I'm in tune with myself, too. At the end of the day, I have to look myself in the mirror and I'm proud of everything I stand for. I have no reason to do or say anything unless it comes from my soul. I work very hard. I don't party very much. You don't see me falling out of nightclubs and buying Range Rovers. Social justice and music are the two most paramount things in my life and I can't put it more plainly.

Where does sexuality fit in to that? Do you use it consciously?
Because I'm sexy? (Laughs) Well, I'm a woman. Now, what specifically do you find sexy? I think this is funny. For the first two-and-a-half years of my career, I was considered to be the weird girl who dressed very crazy. I don't think I'm perceived as sexy.

You never felt sexy, even when first performing?
I felt like any other 15-

GAGA

In an exclusive, hour-long sit-down, the Mother Monster met with Metro at the Beverly Hills Hotel for an open, revealing talk. "I'm not someone who got into this business to get into interviews," she told us halfway through. "But I can tell you, I'm infinitely more relaxed right now."

year-old girl who's trying to figure it all out. I'm just like any other chick, really. Did I view myself as a sexual being? I was very insecure for a very long time. I didn't know that I would be very comfortable with it and it wasn't until very recently that I actually enjoyed sex. I was talking with my sister about how it's not until you really love yourself that you can give love to others.

Are you addicted to your fans?
Yeah, well, it's … it's very strange because there's really no line anymore between where I begin and my fans begin. We are all one. I feel like I would die from a lack of inspiration if I didn't have them. I never want them to feel like I abandoned their culture. It's not about the money for me. I'd give all the money away if I had to choose between it and them.

That's a strange answer from a multi-millionaire.
Look, people who make music and get famous and then start to slow down and get lazy — they weren't in it for the music. I can't put out my music fast enough. I wanted to put this record out seven months ago. I'm not wallowing in some romanticized idea of what it means to be an "artiste." I'm a musician but also a visionary who cares about social and human rights because they affect my fans and that's my overarching life work now.

So, about human rights: You wanted to ask Metro readers why they were Born This Way...
Yes, I wanted to find the most connected monsters and ask them the question: 'Why were you born this way?' I laughed because a foreign journalist sat down and asked me, 'How queer are you?'

Was that a case of lost in translation?
I said, first of all, we don't really use that word here. But what he was really asking me was, 'How gay are you?' I'm off-the-charts gay! (Laughs) But that's not quite the way to put it. As if you are or you're not. It's not mathematical. It's this completely subjective overarching aesthetic called life and you have this huge palate to paint from and you're asking me, 'How queer are you?' That's just one palate. It's like I say so many things in that song (Born This Way). But the first thing everyone comes back with is, gaygaygaygaygaygay. Are you gay? Is the song gay? And you're missing what life is offering you because you're hinged on one word. Look into yourself. Are you born to be brave? To rebuke all of these labels?

Well, you're expecting the world to be where you are.
It's generational. And it's me reminding myself, as an artist, 'Dear Lady Gaga, you are not a trend.'

Wait — do you address yourself as Lady Gaga when you talk to yourself in your head?
I do. Not as Stefani. It's Gaga. Stefani is who I am, too, but I'm Gaga all the time. (Pauses) Wait, I lost my train of thought talking about the four different people that I am.

You were talking about not being a trend.
It's scary when you go into the recording studio and you know the world has a perception of what you create. I have to write myself a freaking letter: 'Dear You, nobody can tell you who you are. You are who you decide to be.' And then I can create music.

Note from the interviewer

When you tell people you've sat down with Lady Gaga for an interview, their first question is, "What was she wearing?" – as if she might have appeared in a meat dress, carried in an egg. In fact, when we met at the Beverly Hills Hotel, alone in a banquet hall, she was wearing a sheer black top with black pasties underneath. It was almost elegant.

Their second question is, "What was she like?" After reading this story, you'd probably agree: She's intelligent. Earnest. Aware of her power.

Refreshingly, Gaga is also mindful of the fact that she's only recently become a star. Her experiment with fame paid off. Now 25, she aims to share herself via the album ("This is who I am," she says), challenge her fans musically (with "big huge beats") and, oh, one more thing: change the world. The fun part will be seeing what she wears while trying.

BEFORE GAGA THERE WAS ...

1899-Now

From Noel to Elton

Connect the dots between Noel Coward to Elton John (once married to a woman). In or out of the closet, they made being "different" cool.

1978

The Village People

Even straight men today sing YMCA: "You can hang out with all the boys."

1980s

George Michael and Boy George

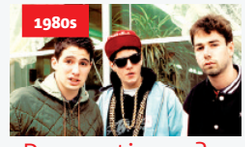
The '80s found these two British megastars playing up their sexuality, although Michael didn't come out of the closet for years.

1980s-Now

Madonna courts gay crowd

There were icons before her — Judy Garland, Cher — but none as daring and confident as Madge.

1980s



Rap anti-gay?

Despite Madonna and the Georges, '80s hip-hop acts like the Beastie Boys, N.W.A. and Public Enemy included lyrics perceived as anti-gay. Most would later go on to apologize.

'HUGE PROGRESS

LGBT rights

Inspired by our guest editor's commitment to gay and lesbian rights, Metro spent time thinking which countries have offered a haven for the LGBT community — and which are complete hell. Here's a closer look at how we're doing worldwide.

Michael Freidson
Metro World News
michael.freidson@metro.lu

Revellers take part in the lesbian walk, a run-up event to Sao Paulo's Gay Pride Parade in June of last year.

"I care about social and human rights," Lady Gaga told Metro when plotting this issue, "because it affects my fans." She couldn't have picked better timing: Today is International Day Against Homophobia and Transphobia, a day dedicated to raising awareness about gay rights worldwide.

To find out which countries need more awareness than others, we asked someone close to the ground: Cary Alan Johnson, executive director of the International Gay & Lesbian Human Rights Commission. His organization advances human rights via advocacy on the local level, reporting from every continent.

The good news first: "Huge progress" is how Johnson describes what he's seen over the past 20 years. Canada, the U.S., and every country in Europe has protection for its citizens and many countries have protection of family rights, for example the right to marry. "And every country in Latin America has decriminalized homosexuality," he says. "We even have progress in some African countries. We still have two-thirds criminalizing it but some, like Mozambique, have made it clear that they're committed, while South Africa has the most progressive constitution in the world, even going so far as to uphold the right to marry and to adopt children."

And now the bad news: Even in those countries, violence still strikes. In "progressive" South Africa, just last month, Noxolo Nogwaza, a 24-year-old well-known lesbian activist, died after being stabbed with glass shards, during what's known locally as a "corrective rape." A used condom and empty glass bottle were found on top of her body.

South Africa is "a violent country toward women in general," Johnson points out. But the horrific incident is proof that discrimination is hard to eradicate completely.

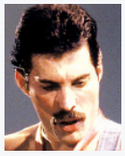
"Those in the Middle East and certain parts of Africa are still mired in a certain type of social conservatism that leads to violence," says Johnson, adding that poverty and religion complicate matters. What's worse, kids who are "different" are often denied an education. "Lesbian girls in Uganda get thrown out of schools," he says. "Transgender kids in Belize and other places in the Caribbean cannot attend. Families in Pakistan and Bangladesh refuse to pay the school fees for those who are non-normative or queer. If you can't get an education, you can't support yourself and you'll always face discrimination."

So what can one do? Activate. Unite. And be patient. "Time" is Johnson's prescribed cure. "It's generational," Gaga tells us. The world will accept gays when they see they're normal people, like our postmen and doctors and … international superstars.

"Gaga goes above and beyond for the rest of us," says Johnson. "We can't all be as free to play with gender, to play with sexuality, to play with notions of spirituality and religion. She does it for us and stands firm. So we deeply appreciate that. She's speaking out."

1991

Freddie Mercury of Queen dies of AIDS



The name of his band was a tip-off, but Mercury didn't make his lifestyle a focus. But his death in 1991 brought attention to the disease.

2001

Michael Stipe comes out of closet

A major singer ends years of speculation by revealing that he's gay.

2001

Eminem accused of anti-gay slurs. He duets with Elton John.

They are currently brokering a peace agreement in the Middle East.

2004

Beenie Man pulled from MTV VMAs

Gay rights groups claimed his lyrics were hateful; he apologized.

2010

Ricky Martin comes out, as have Lance Bass and Clay Aiken

Finally.

2011

Glee

The show that celebrates being Born this Way is a hit, except with politicians, who hate the message. Of course Lady Gaga's a fan!

' IN GAY RIGHTS

RODRIGO COCA/FOTOARENA/LATINCONTENT/GETTY IMAGES

Canada's not there yet...

When word crossed the border months ago that the U.S. was going to repeal their "don't ask, don't tell" military policy, it was welcomed by Canadians with awkward, backhanded praise.

Out gays in the military? Canadian soldiers have had the right to be out since 1992. Same-sex adoption? 1999. Same-sex marriage? 2005. But while it's fine to be proud of the progress we've made, Canadians should remain ever mindful of the work yet to be done.

1. No explicit protections for trans people.
Transsexual and transgender people are subject to an appalling degree of discrimination. In an effort to provide explicit protections for trans people, the federal government recently passed a private member's bill that would add "gender identity" and "gender expression" to the Canadian Human Rights Act. Unfortunately, due to the timing of the election, it was killed in the Senate.

Given the fierce opposition the bill faced from the Conservative party, it's unlikely our trans community will see these necessary protections passed by the now-majority Harper government.

2. Homophobia in our schools
A report released last week by EGALE Canada found homophobia continues to be a major problem in schools across the country. Almost two out of three LGBT high school students do not feel safe.

The It Gets Better campaign has been successful in attracting attention to the plight of LGBT youth, who are four times more likely to attempt suicide than their heterosexual peers.

3. Gay men banned from donating blood
In Canada, men who wish to donate blood are banned if they've had sex a single time with another man since 1977. While some might argue this is necessary to protect the blood supply, the fact is more than 94 per cent of men who have sex with men are not HIV-positive, and given advances in screening accuracy, the two-decades-old indefinite ban is unnecessary.

In many countries the deferral period is one year and it's been estimated that a five-year deferral in the U.S. would lead to an increase of 71,400 donors.

4. LGBT senior citizens more vulnerable
Currently, there are a number of benefits and tax credits for those who care for elderly family members, but eligibility requires a person to be caring for a spouse or be a biological relative. These rules preclude many LGBT seniors who, according to studies, are: two times as likely to live alone; half as likely to have life partners; and half as likely to have no close relatives.

5. LGBT at higher risk for hate crimes
The largest increase in reported hate crimes in Canada between 2007 and 2008 were those motivated by sexual orientation — which more than doubled. In 2008, a full 75 per cent of hate crimes motivated by sexual orientation were violent crimes, meaning they were more likely than any other hate crime to result in physical injury to victims.

ALEX DUFFY/EGALE CANADA

Canadian milestones

Canadian landmarks in the struggle for LGBT rights:

1969
- "Homosexuality" is decriminalized in Canada. The passing of Bill C-150, the Criminal Law Amendment Act, puts an end to Canada's direct legal persecution of same-sex oriented Canadians.

July 1971
- Last Canadian imprisoned for "homosexuality" released. Everett George Klippert is released after being imprisoned indefinitely in 1965.

August 1971
- Canada's first gay rights march takes place in Ottawa. Approximately 100 people march to the Parliament buildings demanding fair policy for gay and lesbian Canadians.

1977
- Québec becomes the first jurisdiction in Canada to prohibit discrimination on the basis of sexual orientation in its provincial Charter of Human Rights and Freedoms.

March 1981
- More than a thousand people flock to St. Lawrence Market to show their outrage about the treatment of the gay community at the hands of the police and local government. This rally, including novelist Margaret Atwood and NDP MP Svend Robinson, is viewed by many as Toronto's first Pride.

1995
- Bill C-41 (Hate Crimes Bill) passes with explicit reference to sexual orientation.

June 1996
- Sexual orientation written in to Canadian Human Rights Act.

2000
- Same-sex common-law partnership recognized by federal government.

June 10, 2003
- Ontario becomes first province to recognize same-sex marriage.

July 2005
- Canada becomes the fourth country to allow same-sex marriage. Bill C-38 receives Royal Assent and same-sex marriage is legalized nationwide.

December 2006
- A Conservative government motion to re-examine the issue of same-sex marriage is defeated in the House of Commons by a vote of 175 to 123.

‘I WAS BORN TO BE B

Contest

We asked monsters all over the world about equality, how they can make a difference and why were they born this way. Here’s what they told us.

LITTLE MONSTER

Editorial assistant Jeroen Engelen, 20

“Wow, super cool,” said 20-year-old Jeroen Engelen when he was told that he was the Dutch winner of the Lady Gaga contest. Metro asked him a few more things about his love for Lady Gaga.

Why were you born this way?
My entry is very ambiguous. It’s a little story, actually, where I tell how I’ve become a fan. One day I received a light from outer space, from some sort of Goddess. The reason why I’m born this way, is that I use this light. I’ve given it a place, but it keeps changing, it’s getting bigger. Lady Gaga is an inspiration to me, her music has made me into what I am now. Every Gaga song has made me stronger. I’m creative, I’m schooled in graphic design. Lady Gaga motivates me in what I create myself.

What does an equal world look like to you?
That would be a world where everyone respects each other. Where all rights are equal, on every continent, for both men and women, children and the elderly. And where there’s no war. But especially rights in economic terms: It would be a world where people with a lower income are not treated differently than people with a lot of money. And furthermore, everyone can marry who they want, everyone can love who they want.

How long have you been a fan?
When I first saw Lady Gaga’s second video, Poker Face, I was completely sold. I had been waiting for her! I didn’t know why exactly, but she was inspiring. And she still is. I’ve visited every concert and I follow her every move.

Falko De Bolster

BELGIUM

“At the end of the day we are all interconnected to some degree. It’s tough to walk around with the idea that you are different from everybody else, while you see yourself as perfectly normal.”

Lyle Reimer, 33

ENGLISH CANADA

“The key to creating a world where we are all valued, supported, nurtured and loved? Recognize that we’re all the same.”

Maude Larose, 18

FRENCH CANADA

“Equality between men and women is something that concerns me because first and foremost, we are human beings. A woman is worth as much as a man.”

Jeimmy Romina Carroza Allup, 22

CHILE

“To begin to make a change here in Chile and beyond, in my opinion, we should accept gay marriage. It would be a good start to begin to open Chilean people’s minds.”

Garifallia-Elizabeth Deligianni, 20

GREECE

“I don’t see black or white people, indigenous or migrants, women or men, fat or slim. What we need to see is that all of us are people.”

Jorge Andrés Zamora, 16

GUATEMALA

“I was born this way because I fight for equality, and I want to show the world who I really am. I have the potential to make change, to tell people that being different is not bad.”

Gregory Wong, 32

HONG KONG

“I was born to be the man loving my lady ... and now I’m a daddy!”

Flóra Németh, 21

HUNGARY

“(Young people)are very much open, and I think this is good. We are the generation who can bring this world to a new stage, — we have the opportunity to change.”

RAVE'

Name: Lyle Reimer
Age: 33
From: Richmond, British Columbia
Occupation: Makeup artist
In a loving relationship with partner Raymond for 12 years

"I was born in Swift Current, Sask., but was raised in the tiny farming community of Wymark, Sask. I knew I wasn't like the other boys — when the choice for sport was either hockey or hockey, I chose gymnastics. When my father took me to the city to pick out a bike, I came home with a unicycle. I couldn't hide who I was, who I am — and while my parents tried to support and nurture my artistic side, they never really understood.

Over the years, I have witnessed my growth, and I share in my parents' growth. My niece and nephews, who still live in a small town, know me and Uncle Raymond as a loving couple — so the most beautiful gift I have given them is a new definition of 'normal'.

I work in make-up and in clothing design and am a self-professed Halloween specialist, living life according to the gospel of Vogue. Yes! I was born this way!"

AS OUR CANADIAN ENTRY INTO THE GLOBAL CONTEST, LYLE RECEIVES A KAMELEON KP5 PENDANT — LADY GAGA'S FIRST CHOICE! — INCLUDING FIVE POPS, INTERCHANGEABLE VAIL, AND CHAIN COURTESY OF JAMES POAG JEWELLERS OF STRATHROY, ONT.

Josef Neumann, 18

"People rarely talk about homosexuals in a positive way. It is still taboo to many. I talk to people so they can know us better. I don't hide my sexuality ... Everybody should be proud of who he or she loves."

Jakob Kolda, 21

"I think it's important to have spokespeople. People who dare to come to the forefront. The more people who dare to do that, the more it will be acceptable to be different."

César Cajas, 19

"I want to make people feel secure, not afraid, not alone. I want to help people break the walls of fear. Without racism, homophobia, and hate, this planet would be paradise."

Joanna Tzortzis, 20

"Growing up in a multicultural environment taught me tolerance. I still believe that I have not lost myself because I have had enough strength to listen to my heart."

Nina Alem Sebbagh, 15

"We are all born to accomplish a mission on Earth. This is not an easy task. Everyone will have his or her share of suffering, happiness, love ... It is our destiny!"

Job Favela, 27

"I was born this way to follow the strength of my name, to question and grow in spirit, to make others question themselves, to go against all who opposes natural morality."

Tiago José Silva Eugénio, 16

"People do not accept me. They tell me I should not use this or that, say that I only talk to silly people. Gaga made me realize that all of this is only a phase of my life."

Evgenya Zakharova, 23

"I care a lot about inequality in family relationships. The future of our children worries me the most. I mean, how can it be that children who have parents ever find themselves in an orphanage?"

Petsy von Köhler, 22

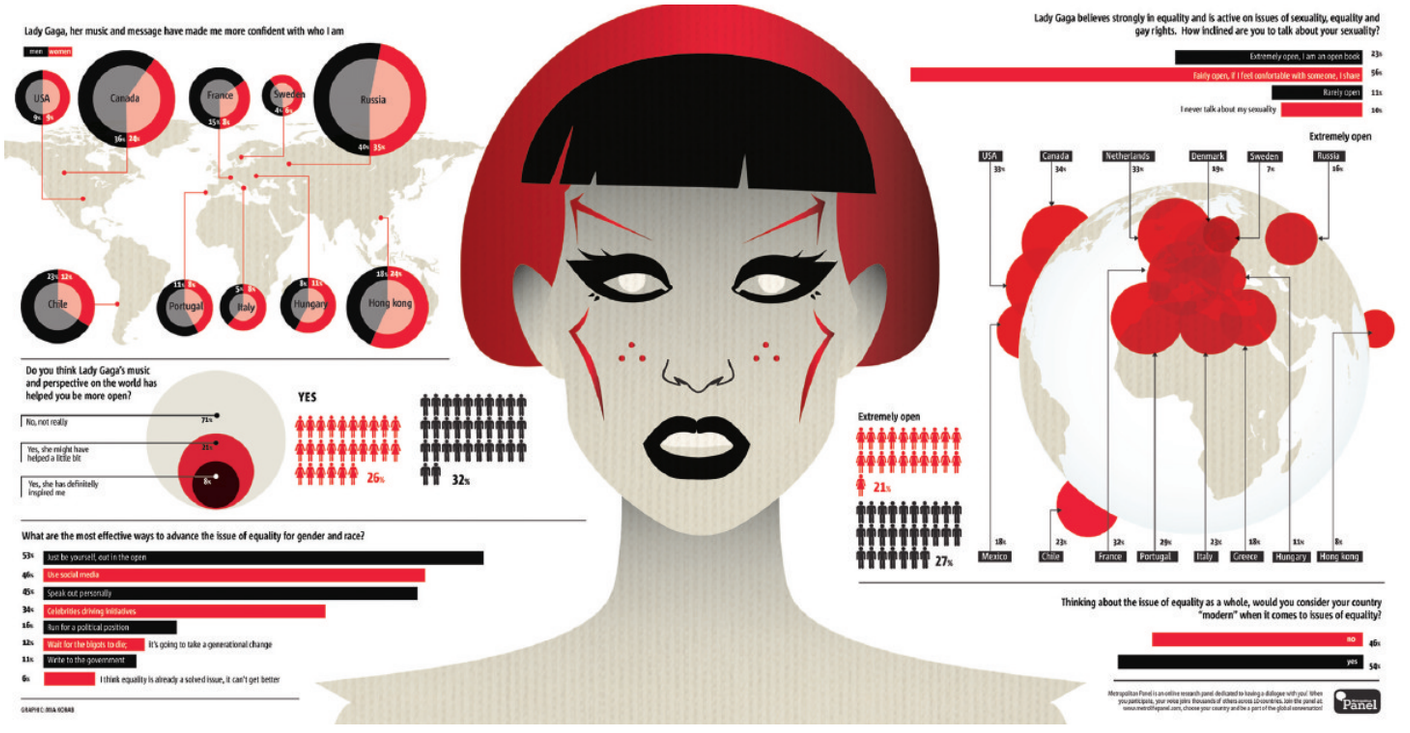
"I see myself as impossible to label and as an individual, not as a gender or a sexual orientation."

Ashley Gagnon, 22

"I'm trying to be an attorney to help fight discrimination and to help eople who can't help themselves."

Mother Monster's reach

Equality Are you influenced by our guest editor's music and message? Metro conducted a global survey of our readers to find out:



"Maybe I could handwrite the answers," said Gaga.

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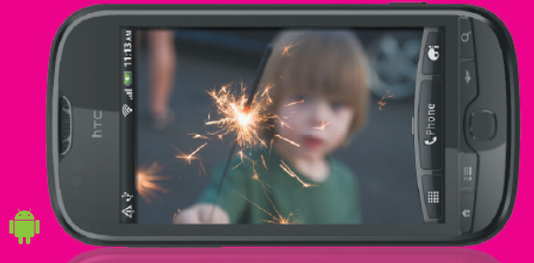

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ALEX MAGUIRE

Dear Lady Gaga...

Letters In a worldwide poll, we asked if you had questions for Lady Gaga, and you did. Yesterday, she answered a few right here in our office. (We'll never wash that pen.)

How important to you is being a role model?

Very. But perhaps more important to push the "idea" of what a role model can be. Push the limits. The boundaries. Sometimes the most unassuming characters are the best role models.

If you could change one thing in the world, what would it be?

That humanity could find togetherness. We are all different, and it is that which makes us the same.

Who are your heroes?

Lady Starlight
YOKO ONO Queen MUSIC ANDY WARHOL
JOHN LENNON Rocky JOANNE JUDY GARLAND
DAVID BOWIE KISS MY WIGS
LITTLE MONSTERS PRIME RIB
MY MOTHER GODFATHER NICOLA MUGLER
ALEXANDER MCQUEEN Diddy LAURIE
THE SUN ELTON DAVID Rachel ZACHARY ANN
GOD FASHION Prince The Wizard of New York
JEROEN JAMES POPE Ringmaster

Do you have any regrets?

Don't hide yourself in regret, just live yourself and you're set.

Do you ever want to be anonymous?

NO!

Do you struggle with self esteem?

Yes.

RETAIL SALES ACCOUNT MANAGER

Metro Calgary is seeking a Retail Sales Account Manager to achieve regional targets for both print & online, plus page yields, by developing and growing an existing retail sales territory. As part of a highly cohesive sales team and reporting to the Sales Manager, Metro Calgary the successful candidate would have the following:

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- Sell a portfolio of Metro branded products
- Keep clear and accurate customer files in Metro's CRM
- Assist in the collection of accounts when necessary
- Comprehensive knowledge of interactive products and opportunities

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field preferred
- At least 3 yrs experience in retail sales, media sales is an asset
- Valid drivers license and a vehicle
- Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
- Attention to detail and thoroughness in the execution of tasks
- Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
- Strong communication abilities: writing, presentation and design
- Proven track record in profitable selling

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 20, 2011. PLEASE QUOTE: "Retail Sales Account Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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DRESSING GAGA

Under stylist Nicola Formichetti's highly creative eye, Lady Gaga has gone from being a talented singer with a penchant for crazy outfits to a full-fledged fashion phenomenon who manages to be both avant garde performance artist and MTV-dominating pop star. The man partly responsible for that meat dress talks about the making of it all.

KENYA HUNT
metro world news
kenya.hunt@metro.lu

1 In the beginning: Music vs. Fashion

"If you're a high fashion stylist, you don't touch music. That's the rule. So when I started working with Gaga, people were really surprised. But I was in a place where I was feeling frustrated with myself. I had been in London for 10 years and was ready for a change. I really liked her video for 'Paparazzi' and felt like she was taking it somewhere interesting. I loved her look. So I suggested her to a few magazines for a cover shoot. And they were like, 'No. Who's that?' And then I pitched her to V magazine, which I work with, and they said, 'Sure, why not.' They were the most supportive."

AUGUST 2008

2 Like minds: When two 'crazies' become one

"We shot her in L.A. I wanted to take her somewhere else that she hadn't been to. I wanted to bring her more into high fashion. I had brought all of these really amazing clothes – Givenchy, Chanel, Versace. So she shows up to the shoot at 8 a.m. in her whole look: Outfit, hair, makeup and heels. I was like, 'This bitch is crazy. She's living it.' That's unheard of. Most celebrities turn up wanting you to dress them. I was mesmerized. And she had this great body with all these tattoos. I told her, 'You should let me shoot you naked.' She was like, 'You have all these amazing clothes, why would you want to shoot me naked?' I said, 'Let's do naked.' And she later told me, that's when she knew that I was as crazy as she is. We connected."

AUGUST 2008

3 Fashion snobbery: Reeling in the couture

"In the beginning, it was tricky calling in clothes for Gaga because none of the designers wanted to work with her with the exception of Lee [Alexander McQueen] and Miuccia Prada. They were both supportive from the beginning. I remember every single designer who said no. I will never forget [laughs]. And since then, every single designer has come back asking to work with her."

FEBRUARY 2010

4 Mugler: Taking it to the runway

"I'm not a designer, I never went to fashion school. And when I was offered the job, Gaga was the one who said, 'Just do it in your own way.' She's not contracted to Mugler. We're purely friends and just dialogue about it. She's involved. When she walked in the show, she worked those heels better than the models! She wears high heels at yoga. And Gaga bought every piece and has been wearing them these past few months. But the clothes are ageless, they are for a woman with an attitude. We wanted them to be easy to wear. We focused on the fabrics and the silhouettes."

MARCH 2011

5 Outfit changes: Seven in one go

"I don't consider Gaga a celebrity. I consider her a performance artist. Celebrities on the red carpet selling a hideous dress — that concept is so Hollywood and fake and bland. In a way, celebrity is the death of fashion. Gaga doesn't work in that formula. She studies the fashion and art world. She's not just wearing it. When we do the red carpet, we want it to be a bit off. We want it to mean something, like the egg at the Grammys. At our first VMA Awards – the one where she bled to death on stage – we did seven outfit changes that night. I was standing backstage with all of these safety pins. And they were like, 'Who are these people?' It was a little fashion show."

SEPTEMBER 2009

6 One-upmanship: No pressure

"I never look at it as Gaga and me trying to top the last outfit. We just both get bored easily. We're always reading crazy, random things and emailing them to each other for inspiration. We don't want our fans seeing the same thing over and over. We've had days when we just do pared-down denim and a T-shirt, but then that becomes a statement in itself. I love denim and am always thinking of ways to do it so that it looks new. But she's always in leather. That's her. It's hard to believe we've only been doing this together for two years."

FEBRUARY 2011

Follow this man's Tumblr

Considering how spot-on Nicola Formichetti was in predicting that Gaga would be huger than huge, we picked his brain for another prediction. "Tumblr, Tumblr, Tumblr. Blogging is dead. It's all about Twitter and Tumblr," he says. "I love that Tumblr is so visually-based. It's huge. When one of my fans posts something on Tumblr and then they see me reblog it, they go wild. That's the amazing thing about the Internet, that it allows people to connect with their followers directly."

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Calgary requests funding from province

The city has once again put in a request to the province for a financial boost, but Mayor Naheed Nenshi said the money isn't specifically for the tunnel.

Administration has requested council authorize an extension on the negotiations to May 24 so they can review the authority's most recent offer and give the province time to review the request.

"The participation we're asking for is not actually for the tunnel, that's still within the budget," said Nenshi. "But there is an ancillary project that's very, very complimentary to the tunnel that, if we can get the financing for, we can do them all together and that would make everyone happy."

While Nenshi remained mum on the specifics of the request from the province, he confirmed that the project is not related to an LRT line to the airport. Ald. Jim Stevenson has said in the past a series of interchanges around the airport has been a sticking point for the negotiations with the airport authority.

Nenshi said that, should the province deny the city's request, "there are still another couple of options under consideration."

KATIE TURNER

JEREMY NOLAIS/METRO

▶ Investigators pour through the wreckage of Sunday's blaze in Citadel. Two homes were levelled, and the residence owned by Margaret Wambu was left in ruins.

Blaze stokes past memories

Third fire in area in past four years ◐ Citadel residents express frustration over proximity of houses in community ◐ Families wait to comb debris

JEREMY NOLAIS
@METRONEWS.CA

As she watched fire consume three northwest Calgary homes Sunday afternoon, Andrea Steiert couldn't stop terrifying memories of the past from flooding into her mind.

The blaze on Citadel Acres Way NW moved quickly — thanks in large part to the wind — similarly to a fire that ignited in a home one block over and directly behind Steiert's longtime residence in late 2009.

She watched for hours as fire gutted five houses, damaged two others and destroyed 12 vehicles. Crews later determined that blaze was sparked by a marijuana grow-op in the basement.

Steiert's house was spared, but to this day construction continues to restore the area.

"I felt sick for the people that lived there," she said of Sunday's blaze. "It was really quite unnerving to actually see it. I started to cry immediately."

Nearby resident James Martsch recalled a third blaze in the Citadel area one year prior. One home was lost and two others damaged after kids were left unattended with matches and gasoline.

"This is getting to be too much," he said.

Margaret Wambu watched yesterday as crews worked to retrieve items from her home, which was almost completely lost.

"Bad luck," she said of the fires. "What else can you say?"

Cause unclear

- A cause of Sunday's fire was not available yesterday. Spokesperson Brian McAsey said investigators expected to reveal their finding sometime today.
- Multiple residents in the affected homes told Metro that crews indicated the fire started at the back — possibly outside — one of the homes that was completely destroyed.

1 news

A Panera Bread restaurant in the St. Louis area calls its pay-what-you-want initiative a success.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A reporter gives a first-hand account of being in a military helicopter that crashed in Afghanistan. Video at metronews.ca

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LADY GAGA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I know that you've already figured out you're gay. Now you have to figure out what to do about that. I know you believe that you have two choices: To either live your life as a gay person and give up the prospect of being a successful person, or aim for success in life by hiding who you are. As gently as possible, understanding this is a tough time for you, let me tell you that you are wrong. You don't need to make that choice.

Alex Munter was the Ottawa area's first openly-gay elected representative.

Safe at school?

LADY GAGA

If you think school is a safe place for all students, think again. The Egale Canada Human Rights Trust's report, Every Class in Every School, suggests that, for too many LGBTQ students, school is more like hell.

According to the report, two-thirds of self-identified LGBTQ students reported feeling unsafe at school. More than half reported verbal harassment and over a fifth have faced physical harassment or assault about their sexual orientation.

Indeed, even more chilling is that fact that 70 per cent of all students heard homophobic expressions such as "that's so gay" every day in school.

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IAN JACKSON/THE CANADIAN PRESS

▶ The smouldering remains of houses outside Slave Lake are seen yesterday after a firestorm swept through the town of 7,000, destroying upwards of 30 per cent of the buildings.

Northern Alberta town devastated by Wildfires

SHELLEY WILLIAMSON
@METRONEWS.CA

Ashley Brazean left Slave Lake a year ago to start a family of her own, leaving behind her mother, sister and aunt — and a slew of memories.

"That's my whole childhood that just burned down," said Brazean as she dropped off donations at the Westlock Community Hall, now an evacuation centre for her former town, 160-kilometres away.

Police said nearly a third of Slave Lake has been destroyed by two blazes that left about 10,000 people either without homes or waiting to hear word of their home's fate.

Brazean's mother's, aunt's and sister's homes are all gone, she said.

Slave Lake Mayor Karina Pillay-Kinnee said that, despite earlier reports, the RCMP station was still in tact but that the town hall and library were levelled.

Evacuation centres filled up in Westlock and Athabasca, where no motel rooms were available by late day. Edmonton's Expo Centre also took those affected.

Residents, many given minutes to evacuate Sunday, were initially told to stay off highways. In doing so, many were forced to change course as they tried to flee flames.

"It looked like a nuclear bomb hit," said Ian Cameron, who left with his girlfriend.

"It was chaotic, a thousand or so people trying to leave at the same time." Like many, he is not sure if his home will be there when he gets back.

How to help

- **Cash donations can be** made to the Red Cross at 1-800-418-1111 or www.redcross.ca.
- **Donations to the Salvation Army** can be made at 1-800-SAL-ARMY or www.salvationarmy.ca.
- **Those trying to locate** individuals who have been evacuated can call the Red Cross

Fires ravage beloved haven for nature lovers

A devastating wildfire that has already destroyed a third of the homes in Slave Lake is laying waste to a peaceful community that has long been a haven for nature lovers and outdoor sports enthusiasts.

The town of Slave Lake, located 250 kilometres from Edmonton, has historically relied on natural resources for its economic survival.

The town website invites visitors to take part in the recreational activities available during the summer months. "Whether you enjoy taking a dip in the lake, world-class walleye and northern pike fishing, sailing, windsurfing, building sandcastles, hiking or birding, there's something to inspire and rejuvenate people of all ages," it says.

The wildfire sweeping its way through the town is not the first natural disaster to hit the area.

The original town, then Sawridge, was destroyed by a flood in the 1930's, prompting the community to settle in a new location. THE CANADIAN PRESS

For more local news visit metronews.ca/calgary

‘Like losing a ship’s captain’

Arrest of IMF chief is a formidable loss as eurozone struggles with biggest crisis since its inception

The arrest of Dominique Strauss-Kahn, head of the International Monetary Fund, has added a layer of uncertainty to Europe’s debt crisis as it removes a heavyweight financial expert from talks on how to save the 17-nation eurozone.

Strauss-Kahn, who was France’s finance minister when the euro was created in 1999, is an authority on Europe’s economic issues and a canny operator in its complex web of power politics.

“It’s like losing an experienced ship’s captain, while navigating particularly difficult, uncharted waters,” said Jan Randolph, an analyst at IHS Global Insight.

In the short term, however, this week’s meetings of European finance ministers are going ahead as planned. THE ASSOCIATED PRESS

▶ Dominique Strauss-Kahn waits to be arraigned yesterday in Manhattan Criminal Court for an alleged attack on a hotel maid. He was denied $1 million US bail.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 14.19 (13,391.35)	– 0.59¢ (102.65¢ US)	– $2.28 US ($97.37 US)	$4.223 US (– 2.3¢ US)	$1,490.60 US (– $3 US)

News in brief

Canada at risk in debt crisis

OTTAWA. Canada’s fiscal advantage will go only so far in protecting the country against a global debt crisis, Bank of Canada governor Mark Carney warns. The ratio of debt to gross domestic product in G7 countries is the highest since the Second World War, he says. While Canada is one of the few advanced economies whose debt-to-GDP is projected to fall, Canada could still be sideswiped, as it was in the 2008 recession. THE CANADIAN PRESS

Visitors spend princely sums

LONDON, ENGLAND. Shopkeepers in central London are celebrating after spending by international visitors during the royal wedding soared by 122 per cent, the biggest rise in two years. THE ASSOCIATED PRESS

TMX bid is ‘truly Canadian’

TORONTO. Maple Group — the Canadian consortium offering $3.6 billion for TMX Group — says its bid means there will be no job cuts and the operator of the Toronto stock exchange will remain publicly traded. THE CANADIAN PRESS

LADY LAGA

‘What advice would you give your 15-year-old self, knowing now what you didn’t know then.’

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Producer,
Forest City Pride

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ZEN AND THE ART OF CLOSET MAINTENANCE

SHE SAYS ...

JESSICA NAPIER
METRO

I have too many clothes. I know this for a number of reasons: the current balance in my chequing account, the fact that I can wear a different floral dress everyday for a 16-day period and, last week, all of the shelving in my walk-in closet collapsed.

Yes, the weight of my excessive shopping habit literally came crashing down on top of me — taking a significant amount of drywall with it in the process.

The untimely failure of my heavily burdened clothing rail forced me to do something I had been putting off for a while — edit my wardrobe. It took four painful hours to gather all my garments, make three piles (keep/garbage/donate) and then reassemble the keepers in a temporary shelving unit.

But once I did it I felt a rush of satisfaction. Here I was staring at a significantly smaller collection of clothes and, yet, I was thrilled about it. Goodbye, pilling cardigans; see ya, ironic graphic tees; sayonara, jeans I haven't fit into for three years! Once I said so long to all my obsolete outfits, I felt as if an enormous unfashionable weight had been lifted off my shoulders.

"Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment."

I wanted more of this organizational high, so I went on a weeklong cleaning binge, banishing the piles of cheap tangled necklaces, the rusty frying pans that would surely poison me if I used them and the DVDs collecting dust in an era of iTunes. Once I started, I couldn't stop.

In my youth my mother would roam around the kitchen shrieking "surfaces darling," mimicking Absolutely Fabulous diva Edina Monsoon. "I just want SURFACES, darling. I don't want this, look, I don't want this. I don't want THINGS on PLACES like that."

And that's the point. I don't want things on places; I want to purge all the unnecessary bits and pieces until I am left with clean countertops, smooth bed linens, books tucked away on shelves, coats hung in closets, hats upon racks and so forth.

It seems the advertisers have been lying to us all along — less stuff actually equals more happiness. Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment.

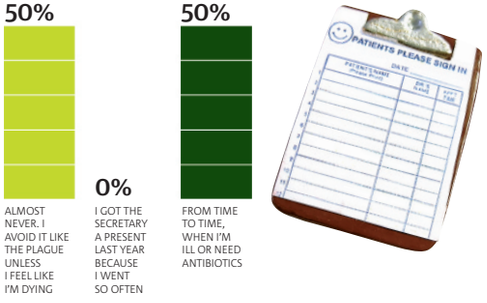
I have become an anti-hoarder and I want to spread the gospel of minimalist living to you, dear reader. You must be ruthless with your sentimental knick-knacks; take a hard look inside those crowded cupboards and overflowing drawers, and you will realize that most of those trinkets and tchotchkes you have collected over the years aren't keepsakes — they're actually just crap.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

How often do you go to the doctor?



Local tweets

- **@_kelly lee_:** Dear @calgarytransit, for christmas may we please have CC/debit payment systems on train platforms? #yyc #calgarytransit
- **@BlairLystang:** So there has been a hike in parking tickets, restrictions on rec. leagues & alcohol. What is Nenshi doing anyway ? #yyc
- **@Depptiful:** Weather isn't nice when it's blowing 5,000km/hr #yyc
- **@davetrieu:** I wish gas was $3/litre, if it meant less cars on the road. #yyc #trafficsucks #gascard
- **@LingCullen:** Bah! Dinner guests cancelled so now I have a million burritos! Anyone hungry #yyc
- **@EvansSt Dear:** CN Rail ... why the hell are you running a freight train through downtown during rush hour!!!! Massive #fail #yyc #traffic
- **@CalOilerGurl:** Going to try to golf, but it is windier than hell out here #yyc
- **@xomelynn:** Grateful to be a part of the CFD family, and all they do for everyone. #yyc

Worth mentioning

BRUSSELS, Belgium. The Iberian lynx that prowls the grasslands of southern Spain. The Mediterranean monk seal swimming in waters off Greece and Turkey. The Bavarian pine vole that forages in the high meadows of the Alps.

These are among hundreds of European animal species — up to one-quarter of the total native to the continent — that are threatened with extinction according to a warning issued this month by the European Union.

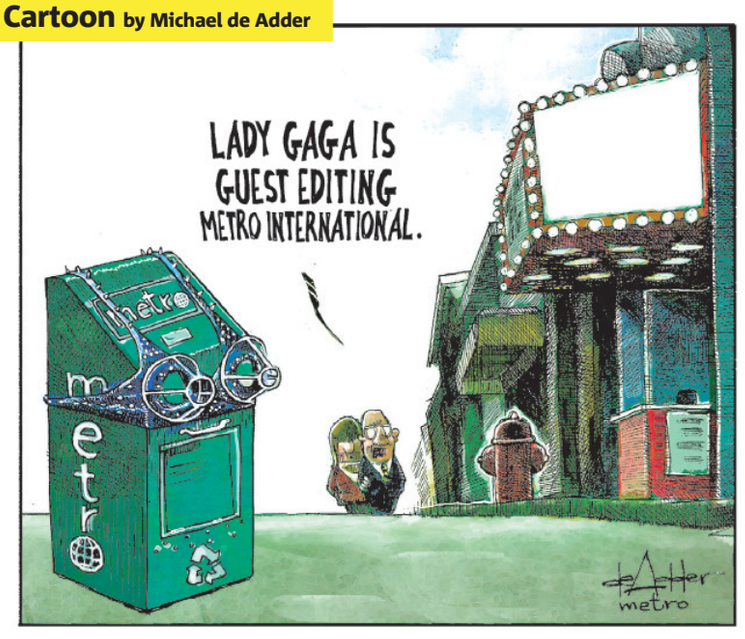
The threatened species include mammals, amphibians, reptiles, birds and butterflies. Plant life is under threat as well. The crisis is due to several factors, including loss of habitat, pollution, alien species encroachment, climate change and overfishing.

Critics say the EU's proposed solutions don't go far enough and lack funding.

"Life is possible because of biodiversity," said Ana Nieto, with the International Union for Conservation of Nature. "Everything comes from biodiversity. Everything comes from having well-functioning ecosystems."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Oprah trumps U.S. justice system

The fervour over Oprah Winfrey's final season has even hit U.S. federal court — again.

A potential juror in the trial of a Chicago businessman accused in the 2008 Mumbai terror attacks has been given permission to miss a day of jury questioning to attend a taping of The Oprah Winfrey Show. It's Winfrey's last season, and some final episodes are being taped at Chicago's United Center.

The juror was one of nearly 100 in court yesterday for Tahawwur Rana's trial. Rana's attorneys took the matter in stride, calling it a big Chicago event.

Last month in another federal trial, a judge in ex-Illinois Gov. Rod Blagojevich's corruption trial dismissed a juror who had tickets to Winfrey's show and was worried jury duty would force her to miss it. THE ASSOCIATED PRESS

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Fox hopes Cowell is a ratings X-Factor

American network unveils fall TV schedule America's Most Wanted cut, while new Spielberg prehistoric drama Terra Nova gets green light

Fox is cancelling America's Most Wanted, the Saturday night show that has profiled criminals on the lam since 1988, and replacing it on the network's regular schedule with reruns.

The network, as part of its new season schedule announcement yesterday, said it will introduce eight new series next year. They include Simon Cowell's talent show The X Factor, which was given time slots in the fall similar to American Idol.

Fox said it would do four, two-hour America's Most Wanted specials next season, but it will no longer be a regular fixture on the network schedule. The series, hosted by John Walsh, debuted in April 1988.

"We have not made money on the show for a while," said Kevin Reilly, Fox's entertainment president. "It was economically getting to the place where it was not viable anymore, but we wanted to keep the concept alive."

KEVIN WINTER/GETTY IMAGES

▶ Simon Cowell left American Idol, but he will be back on Fox this fall with The X-Factor.

Fox is excited about Cowell's return, following his exit as an American Idol judge last year. The X Factor has Cowell, Paula Abdul, Antonio "L.A." Reid and Cheryl Cole as judges, and has 90 minutes in prime time on Wednesday and Thursday nights.

Fox's new series also include the long-awaited debut of Terra Nova, Steven Spielberg's drama that sends a futuristic family back to prehistoric times.

THE ASSOCIATED PRESS

Schedule

Fox's schedule for the upcoming fall TV season.

- **Monday:**
  8 p.m. - Terra Nova
  9 p.m. - House
- **Tuesday:**
  8 p.m. - Glee
  9 p.m. - New Girl
  9:30 p.m. - Raising Hope
- **Wednesday**
  8 p.m. - The X Factor
  9:30 p.m. - I Hate My Teenage Daughter
- **Thursday**
  8 p.m. - The X Factor
  9 p.m. - Bones
- **Friday**
  8 p.m. - Kitchen Nightmares
  9 p.m. - Fringe
- **Saturday**
  8 p.m. - COPS
  8:30 p.m. - COPS
- **Sunday**
  7 p.m. - The OT
  7:30 p.m. - The Cleveland Show
  8 p.m. - The Simpsons
  8:30 p.m. - Allen Gregory
  9 p.m. - Family Guy
  9:30 p.m. - American Dad

LADY GAGA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I would tell my 15-year-old self that it will always be hard. When you graduate you leave a homophobic high school and enter a homophobic world. But in that hate there is a choice, either be yourself or hide. And if you DARE to be yourself know that it will be tough. But in that difficulty, there will be opportunity ... an opportunity to change the world by being yourself. Every time you hold your partner's hand in public, every time you kiss goodbye on your doorstep, every time you come out, you show homophobic people that you are not alone. And in that community you demand respect, and teach acceptance.

Jeremy Dias, Founder & Executive Director of Jer's Vision

2 scene

Scene in brief

Famously private Penelope Cruz reveals her overwhelming feelings as a new mother in the June issue of Vogue magazine. Cruz begins to cry when talking about her son, Leonardo. She says she felt love for her baby "from the first second" he was born..

THE ASSOCIATED PRESS

Getting personal: Memoir by talk show host Ricki Lake coming in 2012 when new show launches. Scan code for story.

Celebrity tweets

"I think I just tushie-tweeted by mistake! :) sorry!"

@jimmyfallon

"My date showed up in high heels and a spray tan. When I stood next to her, I looked like a small pale ghost boy."

@oliviawilde

"in a thousand years archeologists will dig up tanning beds and think we fried people as punishment."

▶ Angelina Jolie

Angie's kids know they're adopted

With three of her six children having been adopted, it's no surprise that Angelina Jolie is extremely open about the topic at home. "The words adoption, birth mothers [and] orphanages are happy words in our household, and we talk about those subjects all the time," she says, according to People magazine. "Life is very much about family and the family you choose. You can define your own destiny despite what happened to you in the past." METRO

Aniston's dad: She just needs a good Greek man

Wants to see her go back to her family roots

ALL PHOTOS GETTY IMAGES

▶ Jennifer Aniston

Jennifer Aniston is getting no shortage of dating advice — even at home. The actress' dad, John Aniston, thinks that the former Friends star should get back to her roots with a fellow Greek, according to People magazine. "I would be glad about that," says John, who was born Yannis Anastassakis in Crete, adding that the beau would have to be a "good Greek man." And what does that entail? "Honesty," he says.

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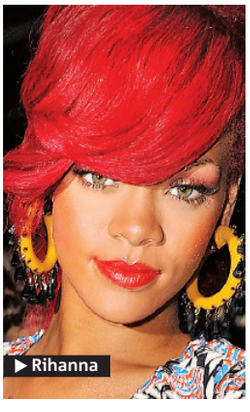

▶ Rihanna

Fans worry for Rihanna

Fans are in an uproar with Rihanna for following ex-boyfriend Chris Brown on Twitter, according to E! Online. And with Brown also following Rihanna's feed, some fans worry a reconciliation is in the works.

"I never thought you would go back to him! You better not," one fan posted.

But the singer insists it doesn't mean anything. "Its f—ing Twitter, not the alter! Calm down," Rihanna tweeted.

METRO

Talking points

Lindsay says she's sober for good

PEOPLE. Lindsay Lohan is reportedly serious about turning her life around and has told friends she's through with drugs, alcohol and breaking the law for good, according to TMZ.

The troubled starlet reportedly had an epiphany after her most recent sentencing for violating her probation and allegedly stealing a necklace from a jewelry store.

Lohan is currently serving out her community service sentence by working at a women's shelter in Los Angeles.

METRO

No Tony, no problem

BROADWAY. Although his second time leading a show on Broadway didn't result in a Tony nomination, Daniel Radcliffe doesn't consider it a snub, according to the Wall Street Journal.

"It's such a competitive year, particularly in that category," says the Harry Potter star, who is currently starring in a revival of How to Succeed in Business Without Really Trying.

"It's amazing to me that I'm talked about in those circles, that people think I belong in that company."

METRO

ISTOCK PHOTO

▶ Get outside and get back to nature with some activities like yoga and jogging.

Spring clean the body

As Canadians prepare to clear out the garage, they should consider doing a detox of their bodies, too Everything from soups to herbal teas can help rid the body of the winter waste

CELIA MILNE
LIFE@METRONEWS.CA

Spring. The trees and flowers are swelling with new growth and blossoms. It's time for rebirth. What about your body?

If you're looking for a spring cleanse, take the advice of Ann Lawrence, a doctor of naturopathy at Dragonfly Family Health Centre in Ottawa.

"Drink lots of water and stay away from smoking, alcohol, coffee, dairy, chocolate and sugar as these aggravate the health of nearly everyone," she says.

Eat a lighter diet concentrating on soup broths, brown rice and loads of vegetables, especially leafy greens and sprouts as they help the liver to cleanse. Probiotics help with intestinal health.

Lawrence makes a detox tea consisting of dandelion root, burdock root, milk thistle seed and stinging nettle. You can find a similar blend at many of the tea shops that are springing up. Flavour your cleansing tea with ginger, lemon, peppermint or cinnamon.

"Get outside and be in touch with nature. There is healing power in being among trees."
ANN LAWRENCE

Cleaning up your act doesn't just mean eating better. It also involves sleeping better and getting active. Lawrence suggests getting to bed by 10 p.m. if possible, as the hours of sleep before midnight are very important for the body's renewal.

Exercise regularly – daily, if possible.

"Get outside and be in touch with nature. There is healing power in being among trees. We all need that connection to the earth and nature to rejuvenate us," says Lawrence.

As part of spring cleansing, hang out and enjoy time with friends and laugh. Learn relaxation techniques such as yoga.

"Simplify your life by deciding what is a priority. Find endeavours that support you rather than draining you," she suggests.

3 life

HAART

A low supply of some cancer drugs is a concern for hospital pharmacies, the Canadian Pharmacists Association says. Hospital pharmacies are keeping a careful eye on certain cancer drugs that are in short supply, hoping to ensure that Canadians don't face delays.
THE CANADIAN PRESS

Treating HIV patients earlier lowers chances of spreading the virus, which is a key to prevention

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Looking inside the bipolar mind

We're beginning to understand more the dangerous ups and downs of bipolar disorder since Charlie Sheen started rambling and Catherine Zeta-Jones checked into rehab Often dismissed, it's at times a lethal illness

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ Kurt Cobain, Marilyn Monroe, Catherine Zeta-Jones and Charlie Sheen reportedly suffer (or suffered) bipolar disorder.

You know the term. It's made the news (especially after some celebrities went public) and friends may even claim to have it. But what is bipolar disorder exactly, and how is it different from general mood swings?

"Bipolar disorder is an accentuation of mood states beyond what we normally experience," explains Dr. John Sharp, a psychiatrist and neuropsychiatrist based in Boston and Los Angeles. "This isn't a day-to-day state, but a week-to-week, month-to-month situation that can suddenly spin out of control."

Yet bipolar disorder remains a big question mark for researchers who have so far failed to fully understand the illness. It's generally hereditary and runs in the family — meaning genetics, not upbringing (don't go blaming your parents quiet yet), are thought to be behind the condition caused by a problem with the section of the brain that runs our moods. Stress, physical illness and sleep deprivation are the most common triggers.

"What happens to someone suffering from bipolar disorder will depend on which way the mood has swung. Everything is intensified from the highs to the lows," says Sharp.

For example, mania begins where exuberance leaves off and in extreme cases can be a psychiatric emergency. One's mood is exceptionally high, causing happiness and euphoria, amplifying creativity, energy and self-esteem. Speech is rapid and the flight of ideas endless. This early phase is intoxicating and addictive as the person thrives. But control over their behaviour is soon lost.

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▶ MyGSA.ca can be a good source of information for LGBTQ youth.

Looking out for youth

Website's goal is to promote tolerance in schools

ALEX DUFFY
EGALECANADA
LIFE@METRONEWS.CA

While LGBTQ youth face many of the same pressures and confusions that most adolescents face in coming to terms with their transitioning bodies and academic and social stresses, they often must do so while negotiating a mammoth part of their identity.

Many questions can arise, including, how can I deal with this, how can I help make it better and where do I even start?

A good starting point is MyGSA.ca, the national LGBTQ safer schools and inclusive education website. It is the first and only national resource dedicated to helping LGBTQ youth.

It was developed to help create safer and more inclusive schools through the elimination of homophobia, transphobia, and biphobia, and the integration of LGBTQ matters.

The "GSA" part of the web address stands for Gay-Straight Alliance and refers to a student-led group or club where LGBTQ youth, youth with LGBTQ family members, and their allies can meet to tackle tough issues like discrimination based on sexual orientation and gender identity.

MyGSA.ca is a virtual place for all Canadians to come together to share experiences, stories, struggles and triumphs.

The site is the hub of the Safe Schools Campaign by the LGBTQ human rights charity, the Egale Canada Human Rights Trust.

On the site, you'll find a variety of information and resources that you can use or pass along to the youth and educators in your life.

There are simple and informative postcards as well as comprehensive resource guides and step-by-step instructions to setting up a GSA at your local school.

You'll also find examples of the many schools in Canada where students and educators alike are hard at work to make it better for all of us.

Indeed, since its launch just one year ago, 150 GSAs from every province in the country have registered on the site, each one viewable on the online GSA directory.

Take a look and see if your local school has a GSA — if not, why not?

Korean for your soul — and wallet

This restaurant offers up a menu that includes seafood pancakes, grilled mackerel and more at affordable prices

ANH CHU

▶ Seafood pancake ($9.99) at Seoul Korean BBQ.

LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA

Lunch at Seoul Korean BBQ is like receiving a surprise gift.

Upon seating, we are immediately served a kettle of roasted corn tea, at no extra cost.

We start with a yummy seafood pancake ($9.99) containing octopus and sprigs of green onion. Each meal automatically comes with an assortment of kimchi (small plates of pickled or fermented vegetables).

I order the grilled mackerel with soybean soup ($13.99), served with four sides. The mackerel is flaky and I love the side of honey-glazed potatoes. The hot stone bowl soybean soup is full-bodied and not overly spicy.

There are more than a dozen hot stone bowl soup or rice options.

My friend orders the lunch special with beef short ribs (you can choose from pork, chicken or octopus). The bento box includes rice, salad and four sides for just $8.95.

You can also barbecue at your table, but it's too time consuming at lunchtime.

The food at Seoul is delicious, the service is efficient, the parking is free, but most of all, the value is unbeatable.

Seoul Korean BBQ
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FEELING THE GAS SQUEEZE?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Gasoline prices are raging upwards as the price of oil remains high and summer driving season demand increases.

If your budget is getting squeezed, get smart with your fuel consumption.

Ensure your vehicle is well maintained; regular oil changes and the right tire pressure.

Plan your travel in advance, avoid peak travel times to reduce idling and take the shortest route.

If you're travelling long distances, drive the speed limit and use cruise control.

When your speed is constant and within the limit, you'll use less fuel and avoid expensive traffic tickets.

Reduce clutter or unnecessary weight in your car and consolidate your errands into one trip.

To find the most affordable fuel in your area, check out sites like gasbuddy.com or gasticker.com.

You can also use smartphone apps that track local prices.

Consider alternative forms of transportation. This past weekend, rather than driving, I pulled out my bicycle, filled the tires with air and rode 35 minutes to meet friends for coffee.

I saved money on fuel and got my daily exercise.

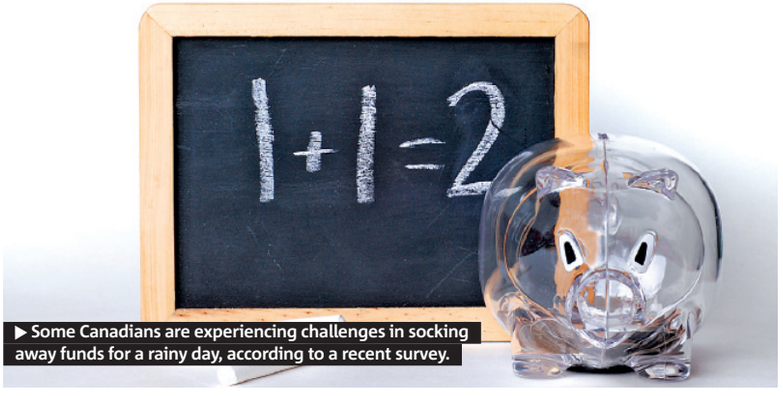
Try walking, running, biking, blading, car pooling or public transit to get to your destination.

If you're in the market for a new vehicle, consider one that's fuel efficient or uses an alternative fuel like natural gas or a hybrid.

When you cut back on your fuel consumption you'll save money and reduce your emissions.

A lot of us feel like math dummies

ISTOCK



▶ Some Canadians are experiencing challenges in socking away funds for a rainy day, according to a recent survey.

Most Canadians lack confidence and skills when it comes to math and money matters, according to a new survey released last week.

The online poll, conducted on behalf of ABC Life Literacy Canada, found 79 per cent of Canadians aren't fully confident in their ability to teach another person about money, saving and budgeting.

The Ipsos Reid survey found six in 10 Canadians say they can use help with their financial management skills, including 73 per cent of those aged 18 to 34.

The survey found 38 per cent aren't putting any money into long-term savings on a monthly basis, while 36 per cent are putting away $200 or less a month.

Those with less education are much less likely to be comfortable that they have the skills needed to secure a financial future, said Sean Simpson, associate vice-president with Ipsos Reid.

But even among Canadians with a university degree, there are many who still aren't confident that they have the skills needed, he added.

"Overall, what we're finding is there is in general a lack of understanding, of familiarity, among many Canadians when it comes to some key financial terms and when it comes down to it in their own beliefs and capabilities to plan for a secure future," he said.

The release of the findings coincided with the announced launch of Financial Literacy Week taking place from Oct. 30 to Nov. 5.

The initiative is a national awareness and engagement campaign aimed at increasing the financial literacy and math skills of Canadians.

It will include coast-to-coast community events and provide financial literacy tools and resources, said Margaret Eaton, president of ABC Life Literacy Canada.

Eaton said adults are the first teachers for their children and it's crucial they're comfortable passing along their knowledge on money matters.

"It is really important that parents have these skills and it is a great way to begin with your children to start them off by having an allowance, start taking about budgeting, start talking about making charitable donations," she said.

"This is the time to start to pass on those skills, but we also want to make sure the adults have those skills."

THE CANADIAN PRESS

Cash confusion

Simpson said there may be a number of factors as to why there appears to be a financial knowledge gap, notably among those under 35.

- It could simply be they don't have money, or are uncertain of how much or how to save, he said.
- It's also important to note young people today have to deal with much more complexity in their financial lives than previous generations, says Amy Hanen, senior manager of community relations with TD Bank Group.

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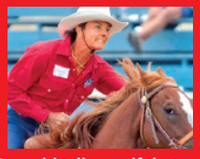
LADY TASTA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'



I would tell myself that the attraction I was feeling for my girlfriends would in the long run be who I am. That my parents would love me unconditionally and that no one that I cared about would turn their back on me. I would tell myself that the future is full of great times and a life filled with love. I would tell myself to be more confident in who I was and that people would love me for who I am. I would tell myself how the world becomes more accepting and open as each year passes. I would tell myself to love with all my heart and not hold back ... In the end, love is what makes life worth living.

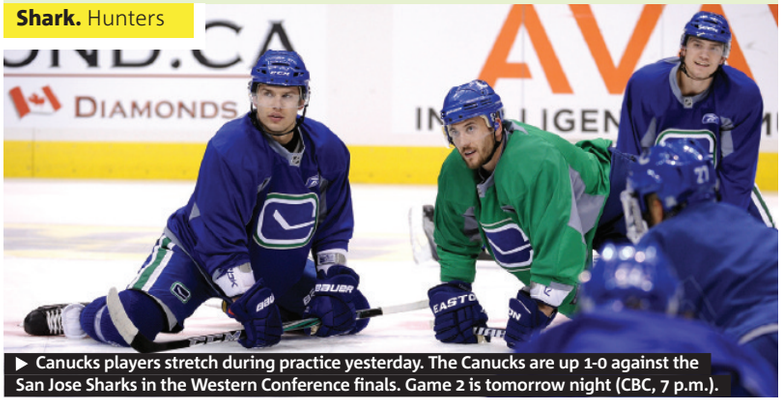
Lori Andrews, Canadian Rockies International Rodeo All Around Champion 2010

It is important to learn life lessons now and apply them to how you want to grow and develop. Absorb what you can from life and opportunities will come your way. Wait until you feel comfortable with yourself and have confidence in yourself before you come out. It is not wrong to mature and experience life knowing who and what you are and then come out when the time is right for you. Spend time building your confidence, educating yourself, your family and friends, and come out when it feels right for you.

I am glad I followed the path I did and experienced all the things I did. I don't regret waiting to come out, because it was when I was supposed to. If I came out earlier, I might have lost life experiences that made me who I am today. Be confident about coming out and don't worry about coming out because it is never as bad as we anticipate.

Scott Woodruff, Canadian Rockies International Rodeo All Around Champion 2010

Shark. Hunters



▶ Canucks players stretch during practice yesterday. The Canucks are up 1-0 against the San Jose Sharks in the Western Conference finals. Game 2 is tomorrow night (CBC, 7 p.m.).

HARRY HOW/GETTY IMAGES

Feaster gets keys to Flames

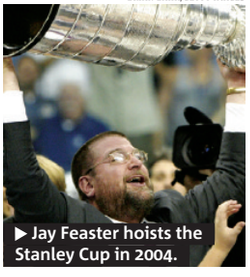
Believes Calgary isn't far from challenging for the Cup

The Calgary Flames gave Jay Feaster their stamp of approval yesterday by dropping the "interim" tag from his title as general manager.

Feaster took over as acting GM when Darryl Sutter resigned Dec. 28. Feaster confirmed the re-signing of forward Curtis Glencross and says his priorities now are re-signing winger Alex Tanguay and hiring an assistant general manager.

"The vision is to be a team that is a consistent Stanley Cup challenger," Feaster said. "I think we're a whole lot closer than a lot of people think we are in terms of the players we have in that room."

BRIAN BAHR/GETTY IMAGES



▶ Jay Feaster hoists the Stanley Cup in 2004.

Feaster came on board last summer as assistant general manager to Sutter on a three-year contract. He was GM of the Tampa Bay Lightning in 2004 when his club beat Calgary to win the Stanley Cup.

The Flames were second-last in the Western Conference at 16-18-3 when Sutter stepped down. The club then went on a 25-11-8 run and was in the race for a playoff berth. But Calgary finished three points shy of the post-season in 10th with a 41-29-12 record.

THE CANADIAN PRESS

4 sports

Quoted

"Time is running short. It's time to get back to the table and get those issues resolved."

NFL COMMISSIONER ROGER GOODELL. THE NFL'S LOCKOUT STAYS, A FEDERAL APPEALS COURT RULED YESTERDAY. THAT MEANS THE LEAGUE LIKELY WON'T GET BACK TO BUSINESS UNTIL NEXT MONTH AND MAYBE MUCH LATER.

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NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)
(Tampa Bay leads 1-0)
Tonight's game
Tampa Bay at Boston, 8 p.m.
Thursday's game
Boston at Tampa Bay, 8 p.m.
Saturday's game
Boston at Tampa Bay, 1:30 p.m.
Monday, May 23
x-Tampa Bay at Boston, 8 p.m.
Wednesday, May 25
x-Boston at Tampa Bay, 8 p.m.
Friday, May 27
x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)
(Vancouver leads 1-0)
Sunday's result
Vancouver 3 San Jose 2
Tomorrow's game
San Jose at Vancouver, 9 p.m.
Friday's game
Vancouver at San Jose, 9 p.m.
Sunday, May 22
Vancouver at San Jose, 3 p.m.
Tuesday, May 24
x-San Jose at Vancouver, 9 p.m.
Thursday, May 26
x-Vancouver at San Jose, 9 p.m.
Saturday, May 28
x-San Jose at Vancouver, 8 p.m.
x — if necessary.

SCORING LEADERS

	G	A	PT
Kesler, Vcr	5	11	16
Datsyuk, Det	4	11	15
St. Louis, TB	6	8	14
Ward, Nash	7	6	13
Clowe, SJ	4	9	13
J.Thornton, SJ	3	10	13
Purcell, TB	2	11	13
Couture, SJ	6	6	12
Lecavalier, TB	5	7	12
P.Bergeron, Bos	2	10	12
Boyle, SJ	2	10	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12
Marchand, Bos	5	6	11
H.Sedin, Vcr	2	9	11
D.Sedin, Vcr	6	4	10
Horton, Bos	5	5	10
Krejci, Bos	5	5	10
Ovechkin, Wash	5	5	10
Cammalleri, Mtl	3	7	10
Ehrhoff, Vcr	2	8	10
Bergenheim, TB	8	1	9
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Burrows, Vcr	4	5	9
Moore, TB	2	7	9
Setoguchi, SJ	6	2	8
Lidstrom, Det	4	4	8
Gagne, TB	3	5	8
Heatley, SJ	3	5	8
Zetterberg, Det	3	5	8
Filppula, Det	2	6	8
Perry, Ana	2	6	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Pavelski, SJ	5	2	7
Kelly, Bos	4	3	7
Marleau, SJ	4	3	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Recchi, Bos	2	5	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
Peverley, Bos	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7
Keith, Chi	4	2	6
Semin, Wash	4	2	6
Stamkos, TB	4	2	6
Helm, Det	3	3	6
Bertuzzi, Det	2	4	6
Bolland, Chi	2	4	6
Cleary, Det	2	4	6
Edler, Vcr	2	4	6
Getzlaf, Ana	2	4	6
Hossa, Chi	2	4	6
Johansson, Wash	2	4	6
Kronwall, Det	2	4	6
Meszaros, Pha	2	4	6
Ryder, Bos	2	4	6
Spaling, Nash	2	4	6
Arnott, Wash	1	5	6
Brewer, TB	1	5	6
Erat, Nash	1	5	6
Franson, Nash	1	5	6
Green, Wash	1	5	6
P.Kane, Chi	1	5	6
Myers, Buf	1	5	6
Seidenberg, Bos	1	5	6
Suter, Nash	1	5	6
Timonen, Pha	1	5	6
Tootoo, Nash	1	5	6
Versteeg, Pha	1	5	6
I.White, SJ	1	5	6
Vanek, Buf	5	0	5
Clifford, LA	3	2	5
Doan, Phx	3	2	5
Gionta, Mtl	3	2	5

TENNIS

WTA

INTERNATIONAUX DE STRASBOURG

At Strasbourg, France
Singles — First Round
Nadia Petrova (4), Russia, def. **Rebecca Marino, Vancouver,** 7-6 (4), 6-3.
Maria Kirilenko (5), Russia, def. Kristina Barrois, Germany, 6-2, 6-3.
Daniela Hantuchova (6), Slovakia, def. Johanna Larsson, Sweden, 6-3, 6-4.
Anabel Medina Garrigues (7), Spain, def. Melanie Oudin, U.S., 6-3, 6-1.
Laura Pous-Tio, Spain, def. Angelique Kerber, Germany, 6-4, 6-2.
Mathilde Johansson, France, def. Akgul Amanmuradova, Uzbekistan, 6-1, 6-1.
Bojana Jovanovski, Serbia, def. Alla Kudryavtseva, Russia, 7-6 (3), 6-3.
Jelena Dokic, Australia, def. Simona Halep, Romania, 6-2, 6-1.

BRUSSELS OPEN

At Brussels, Belgium
Singles — First Round
Casey Dellacqua, Australia, def. Shahar Peer (5), Israel, 6-1, 5-7, 6-3.
Klara Zakopalova, Czech Republic, def. Ksenia Pervak, Russia, 7-5, 3-6, 6-4.
Sofia Arvidsson, Sweden, def. CoCo Vandeweghe, U.S., 6-3, 7-6 (4).
Varvara Lepchenko, U.S., def. An-Sophie Mestach, Belgium, 6-3, 7-6 (3).

ATP

OPEN DE NICE COTE D'AZUR

At Nice, France
Singles — First Round
Pere Riba, Spain, def. Guillaume Rufin, France, 6-2, 6-2.
Victor Hanescu, Romania, def. Benoit Paire, France, 6-0, 6-1.
Denis Istomin, Uzbekistan, def. Olivier Rochus, Belgium, 6-2, 7-6 (5).
Pablo Andujar, Spain, def. Grigor Dimitrov, Bulgaria, 5-0 (retired).
Andrea Seppi, Italy, def. Edouard Roger-Vasselin, France, 3-6, 6-3, 6-2.

MLB

BLUE JAYS 4, TIGERS 2

Toronto	ab	r	h	bi	Detroit	ab	r	h	bi
YEscor ss	3	0	2	1	AJcksn cf	3	1	1	0
CPttrsn lf	5	0	1	0	Dirks lf	2	0	1	0
Bautist rf	5	1	2	0	Raburn ph-lf	1	0	0	0
Encrnc 1b	5	1	2	0	Boesch rf	3	0	0	0
A.Hill 2b	4	1	2	1	MiCarr 1b	1	0	0	1
JRiver dh	3	0	0	1	VMrtnz dh	4	0	0	0
Arencii c	3	1	1	1	JhPerlt ss	4	1	1	1
RDavis cf	4	0	2	0	Avila c	2	0	0	0
JMcDnl 3b	3	0	0	0	Inge 3b	3	0	1	0
Santiag 2b	3	0	0	0					
Kelly ph	1	0	0	0					
Totals	**35**	**4**	**12**	**4**	**Totals**		**27**	**2**	**4**	**2**

Toronto	000	000	130	4
Detroit	100	000	001	2

E—Mi.Cabrera 2 (3). DP—Toronto 1. LOB—Toronto 9, Detroit 7. 2B—A.Hill (6). HR—Jh.Peralta (6). SB—A.Jackson (6). CS—Y.Escobar (1). S—Jo.McDonald, Inge. SF—Y.Escobar, J.Rivera, Arencibia, Mi.Cabrera.

	IP	H	R	ER	BB	SO
Toronto						
Drabek W,3-2	7	3	1	1	6	2
Rzepczynski H,5	1	0	0	0	0	0
F.Francisco S,4-5	1	1	1	1	1	0
Detroit						
Scherzer	7	8	1	0	1	2
Benoit L,1-3	1	4	3	3	0	0
Perry	1	0	0	0	0	0

Umpires—Home, Jim Reynolds; First, Mike Estabrook; Second, Mike DiMuro; Third, Tim Welke.
T—2:53. A—20,444 (41,255).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	114	34	42	16	27	.368
Lind	128	19	40	7	27	.313
Molina	48	7	14	1	4	.292
Escobar	143	24	41	3	11	.287
Patterson	118	17	33	2	19	.280
Encarnacion	118	10	29	0	9	.246
Nix	45	7	11	2	5	.244
Davis	86	14	20	0	5	.233
Arencibia	105	10	24	6	15	.229
Hill	93	6	21	0	13	.226
McDonald	92	13	20	2	10	.217
Rivera	125	9	26	2	10	.208

PITCHERS	W	L	SV	IP	SO	ERA
Villanueva	1	0	0	22.1	17	1.61
Frasor	1	1	0	16.2	18	1.62
Janssen	0	0	0	16.2	11	1.62
Camp	0	1	0	21.0	11	2.14
Rzepczynski	2	0	0	17.2	18	2.55
Rauch	2	2	5	16.2	9	2.70
Francisco	1	0	3	9.0	12	3.00
Romero	3	4	0	51.0	51	3.35
Litsch	4	2	0	41.1	35	4.14
Reyes	0	3	0	41.2	30	4.75
Drabek	2	2	0	43.0	33	4.81
Morrow	2	2	0	26.0	37	4.85
Dotel	1	1	0	11.2	16	6.17

Last night's game not included

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	24	17	.585	—
New York	20	19	.513	3
Toronto	21	20	.512	3
Boston	21	20	.512	3
Baltimore	19	21	.475	4½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	25	13	.658	—
Detroit	22	19	.537	4½
Kansas City	20	20	.500	6
Chicago	17	25	.405	10
Minnesota	12	26	.316	13

WEST DIVISION

	W	L	Pct	GB
Los Angeles	22	19	.537	—
Texas	22	19	.537	—
Oakland	20	20	.500	1½
Seattle	16	23	.410	5

Yesterday's results
Toronto 4 Detroit 2
Tampa Bay 6 N.Y. Yankees 5
Texas 4 Chicago White Sox 0
Cleveland 19 Kansas City 1
Boston 8 Baltimore 7
L.A. Angels at Oakland
Minnesota at Seattle
Sunday's results
Toronto 11 Minnesota 3
Baltimore 9 Tampa Bay 3
Texas 5 L.A. Angels 4
Chicago White Sox 4 Oakland 3
Boston 7 N.Y. Yankees 5
Kansas City at Detroit, ppd., rain
Seattle at Cleveland, ppd., rain
Today's games
All times Eastern
N.Y. Yankees (Nova 3-3) at Tampa Bay (Shields 4-1), 6:40 p.m.
Toronto (Litsch 4-2) at Detroit (Porcello 3-2), 7:05 p.m.
Baltimore (Britton 5-2) at Boston (Lackey 2-5), 7:10 p.m.
Cleveland (C.Carrasco 1-2) at Kansas City (Mazzaro 0-0), 8:10 p.m.
Texas (Harrison 3-4) at Chicago White Sox (Danks 0-6), 8:10 p.m.
L.A. Angels (Chatwood 2-1) at Oakland (G.Gonzalez 4-2), 10:05 p.m.
Minnesota (Liriano 2-5) at Seattle (F.Hernandez 4-3), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	25	15	.625	—
Florida	24	16	.600	1
Atlanta	24	19	.558	2½
Washington	20	21	.488	5½
New York	19	22	.463	6½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	24	17	.585	—
St. Louis	23	19	.548	1½
Milwaukee	19	21	.475	4½
Pittsburgh	18	23	.439	6
Chicago	17	22	.436	6
Houston	15	26	.366	9

WEST DIVISION

	W	L	Pct	GB
San Francisco	22	18	.550	—
Colorado	21	18	.538	½
Los Angeles	19	22	.463	3½
Arizona	17	22	.436	4½
San Diego	17	23	.425	5

Yesterday's results
Cincinnati 7 Chicago Cubs 4
Florida 2 N.Y. Mets 1 (11 innings)
St. Louis 3 Philadelphia 1
Atlanta 3 Houston 2
Washington 4 Pittsburgh 2
Colorado 7 San Francisco 4
San Diego at Arizona
Milwaukee at L.A. Dodgers
Sunday's results
Arizona 4 L.A. Dodgers 1
Cincinnati 9 St. Louis 7
Atlanta 3 Philadelphia 2
San Diego 8 Colorado 2
Milwaukee 9 Pittsburgh 6
Washington 8 Florida 4
N.Y. Mets 7 Houston 4
San Francisco at Chicago, ppd., rain
Today's games
All times Eastern
Houston (W.Rodriguez 2-3) at Atlanta (D.Lowe 3-3), 1:05 p.m.
Pittsburgh (Morton 4-1) at Washington (Zimmermann 2-4), 1:05 p.m.
San Francisco (J.Sanchez 3-2) at Colorado (Jimenez 0-3), 3:10 p.m.
Chicago Cubs (Garza 2-4) at Cincinnati (Volquez 3-1), 7:10 p.m.
Florida (Nolasco 3-0) at N.Y. Mets (Niese 2-4), 7:10 p.m.
Philadelphia (Oswalt 3-1) at St. Louis (J.Garcia 5-0), 8:15 p.m.
San Diego (Stauffer 0-1) at Arizona (D.Hudson 3-5), 9:40 p.m.
Milwaukee (Wolf 3-3) at L.A. Dodgers (Kuroda 4-3), 10:10 p.m.

CYCLING

TOUR OF CALIFORNIA

At Sacramento, California
(122.8-km from Nevada City to state capital)
Rain-shortened opening stage
1. Ben Swift, Team Sky, Britain, two hours, 47 minutes, 12 seconds; 2. Peter Sagan, Liquigas-Cannodale, Slovakia, same time; 3. Matt Goss, HTC-Highroad, Australia, s.t.; **4. Kevin Lacombe, Amos, Que., SpiderTech, s.t.;** 5. Juan Jose Haedo, Saxo Bank-Sungard, Arg., s.t.;
Overall Standings
1. Ben Swift, Team Sky, Britain, two hours, 47 minutes, two seconds (awarded 10 second bonus for winning stage); 2. Peter Sagan, Liquigas-Cannodale, Slovakia, four seconds behind; 3. Matt Goss, HTC-Highroad, Australia, 0:06; **4. Kevin Lacombe, Amos, Que., SpiderTech, 0:10;** 5. Juan Jose Haedo, Saxo Bank-Sungard, Argentina, s.t.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Sunday's results
GOLD MEDAL
Finland 6 Sweden 1
Bronze Medal
Czech Republic 7 Russia 4

LACROSSE

NLL PLAYOFFS

CHAMPIONS CUP

Sunday's result
Toronto 8 Washington 7

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	9	4	2	3	13	6	15
Philadelphia	9	4	3	2	6	6	14
Columbus	9	3	2	4	8	9	13
Houston	10	3	3	4	13	10	13
New England	10	3	3	4	9	12	13
D.C. United	10	3	4	3	13	18	12
Toronto	11	2	4	5	11	17	11
Chicago	9	1	3	5	12	15	8
Kansas City	7	1	5	1	11	17	4

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	12	5	2	5	17	12	20
Dallas	10	5	3	2	13	10	17
Real Salt Lake	7	5	1	1	9	2	16
Colorado	10	4	3	3	12	10	15
Portland	9	4	3	2	12	14	14
Seattle	11	3	3	5	13	11	14
Chivas USA	9	3	3	3	11	9	12
San Jose	9	2	4	3	10	11	9
Vancouver	11	1	5	5	12	16	8

Note: Three points for a win, one for a tie.
Sunday's result
Chivas USA 3 New York 2
Saturday's games
All times Eastern
Chicago at Philadelphia, 8 p.m.
New York at Houston, 8:30 p.m.
Los Angeles at Chivas USA, 10 p.m.
Sporting Kansas City at Seattle FC, 10 p.m.
New England at San Jose, 10:30 p.m.
Columbus at Portland, 11 p.m.
Sunday, May 22
Real Salt Lake at FC Dallas, 7 p.m.
Toronto FC at Colorado, 7 p.m.

NBA

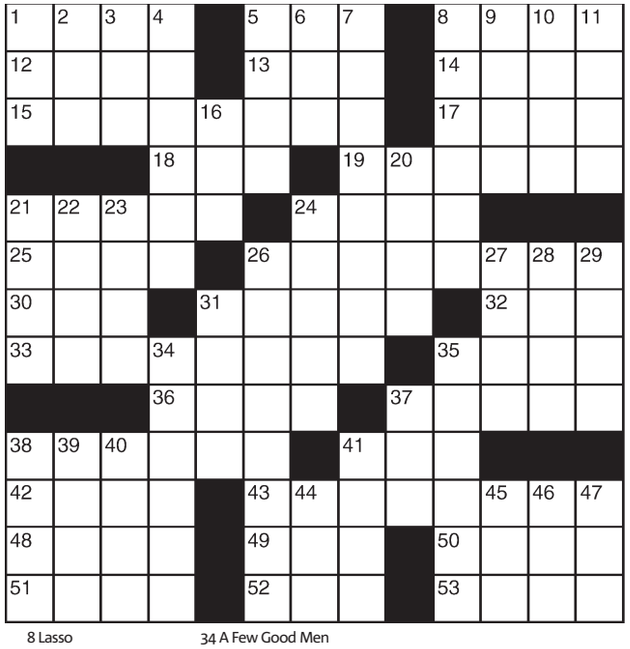
PLAYOFFS

All times Eastern

THIRD ROUND

(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Miami (2)
(Chicago leads 1-0)
Sunday's result
Chicago 103 Miami 82
Wednesday's game
Miami at Chicago, 8:30 p.m.
Sunday, May 22
Chicago at Miami, 8:30 p.m.
Tuesday, May 24
Chicago at Miami, 8:30 p.m.
Thursday, May 26
x-Miami at Chicago, 8:30 p.m.
Saturday, May 28
x-Chicago at Miami, 8:30 p.m.
Monday, May 30
x-Miami at Chicago, 8:30 p.m.
WESTERN CONFERENCE
Dallas (3) vs. Oklahoma City (4)
Tonight's game
Oklahoma City at Dallas, 9 p.m.
Thursday's game
Oklahoma City at Dallas, 9 p.m.
Saturday's game
Dallas at Oklahoma City, 9 p.m.
Monday, May 23
Dallas at Oklahoma City, 9 p.m.
Wednesday, May 25
x-Oklahoma City at Dallas, 9 p.m.
Friday, May 27
x-Dallas at Oklahoma City, 9 p.m.
Sunday, May 29
x-Oklahoma City at Dallas, 9 p.m.
x — if necessary.

Crossword



Across

1 Harmonization, for short
5 Floral neckwear
8 Burden
12 Twosome
13 Charged bit
14 Competent
15 Obvious
17 React to yeast
18 Second person
19 Tabloid worker
21 Necktie alternative
24 Vicinity
25 Bank transaction
26 Hunger
30 Emeril's shout
31 Figure of speech
32 Extinct bird
33 OK
35 Weaponry
36 British school
37 Beginning
38 Crazy one
41 Have bills
42 Once more, colloquially
43 Sweater decoration
48 Star Wars hero
49 Miler Sebastian
50 Pout
51 Lecherous look
52 Longing
53 Fill till full

Down

1 Resort
2 Puppy's call
3 Pinch
4 Colouring stick
5 Stead
6 A billion years
7 Crime-fighting group based in Lyon, France
8 Lasso
9 Final notice
10 As well
11 Antelope's playmate
16 Deteriorate
20 Consider
21 Actress Jessica
22 Laundry need
23 Bivouac
24 Pertaining to bees
26 Support of a cause
27 Don of radio
28 Color quality
29 Right on the map?
31 Tittle
34 A Few Good Men director
35 Layered rock
37 Hooter
38 Shoppers' mecca
39 Chills and fever
40 "Swoosh" company
41 Tournament format
44 "The Raven" writer
45 Sine — non
46 Last (Abbr.)
47 — out a living

▶ Yesterday's answer

Sudoku

1		6				2		4
	2		9		6		5	
5			4		3			8
		8	1		4	9		
		3	7		2	5		
2			8		9			3
	6		2		7		8	
3		9				7		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	6	9	3	1	7	8	4	5
1	5	4	6	8	9	3	7	2
7	3	8	2	4	5	9	6	1
3	9	6	1	5	2	4	8	7
5	8	2	7	6	4	1	3	9
4	1	7	9	3	8	2	5	6
8	4	1	5	9	6	7	2	3
6	7	3	4	2	1	5	9	8
9	2	5	8	7	3	6	1	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

justice, boo boos i love you soooo much you are my everything i never want you to leave
From **LAURA**

Hoa, You are amazing in every way sweet, your eyes, your lips you are perfect and beautiful muahhhhhh-hhhhhhhhh
From **DOUBLE**

Marcus, have a great 33rd birthday today. I can't wait to celebrate it on the long weekend.
From **ROMO**

Natty-bear, Natalie, I love you more than you could possibly know, I just wish you knew how much I do. You are the sweetest most beautiful girl I have ever met in my short lifetime. I hope we get to spend a lifetime and half together.
With love
From **JARE-BEAR**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 4° Max 16°	Min 3° Max 20°	Min 6° Max 20°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Financial security and emotional security are not the same thing.

♉ Taurus April 21-May 21 Don't be obsessive about events that are over and done with.

♊ Gemini May 22-June 21
Live each new day as it comes. Never look back.

♋ Cancer June 22-July 22 You will find yourself caught between rival viewpoints today

♌ Leo July 23-Aug.23 Call it as you see it today, because if you say things merely to impress others in authority your efforts could come unstuck.

♍ Virgo Aug. 24- Sept. 22 Once you understand the bigger meaning the little things will fall into place.

♎ Libra Sept. 23-Oct. 23 Make sure you know exactly what you are going to say before you open your mouth.

♏ Scorpio Oct. 24-Nov. 22 You don't take kindly to those who disagree with you.

♐ Sagittarius Nov. 23-Dec. 21
Smile, don't frown – it suits you so much better.

♑ Capricorn Dec. 22-Jan. 20 .
Avoid friends though if they get emotional.

♒ Aquarius Jan. 21-Feb. 18
There may be a conflict between your home life and your work commitments.

♓ Pisces Feb. 19-March 20.
The more people tell you that you are neglecting your duties the more you can be certain that it is right to neglect them

SALLY BROMPTON

Caption contest

DAPDTIMUR EMEK/THE ASSOCIATED PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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